



Climbing: From Gym to Crag

S. Peter Lewis, Dan Cauthorn

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The only training guide for making the move from indoor to outdoor climbing.

The first book in our new Mountaineers Outdoor Expert Series, which will provide in-depth instruction on a variety of climbing topics.

Surpasses other training guides with a new level of instruction, clarity, and safety. Complements any indoor or outdoor climbing course.

Climbing: From Gym to Crag helps indoor climbers safely make the transition from a controlled climbing environment, which requires few technical skills and presents no objective dangers, to the outdoor environment, where the risks and rewards require a well-honed set of basic skills and awareness.

Each of the four sections-Indoor Climbing, Sport Climbing, Traditional Climbing, and Retreat Techniques-contains instructional chapters on safety, belaying, technique, leading, and anchors. Transitional skills are taught in a logical progression so climbers can begin at the point in the text that their skills dictate. Key Transition Exercises walk climbers through steps on the ground so they can safely master techniques that are not found indoors or are done differently outdoors.

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Cliff Boyd:

The book untitled Climbing: From Gym to Crag contain a lot of information on it. The writer explains your ex idea with easy way. The language is very straightforward all the people, so do not really worry, you can easy to read that. The book was written by famous author. The author will bring you in the new time of literary works. It is possible to read this book because you can read more your smart phone, or program, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site as well as order it. Have a nice study.

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